

Achieving Bronze, Silver and Gold Mid-Year Progress Report Checklist

- ☐ Coversheet
- ☐ November Newsletter

Bronze #1: 90 Minutes of Physical Activity Description

- ☐ A description of how students are receiving 90-150 minutes of structured physical activity each week.

Bronze #2: Health Ed Core Curriculum Description

- ☐ A statement that all teachers are teaching the USOE health ed core curriculum

Bronze #3: Gold Medal Mile Description

- ☐ The school's GMM goal (how many miles or the destination)
- ☐ How you collect miles (passports, beans, punch cards, etc.)
- ☐ The total miles walked to date

Bronze #6: Heart Health Survey Description

- ☐ Approximate date HHS were turned in

Silver #1: PTA Health-Related Event Description

- ☐ A description of the event. Give specifics about the activity
- ☐ A description of the PTA's involvement

Silver #2: Staff and Faculty Wellness Description

- ☐ A description of the activities the faculty and staff participated in
- ☐ A description of how the activities were promoted/communicated to faculty and staff
- ☐ If applicable, a description of how faculty participation was tracked

Silver #3: Competitive and Non-competitive Activities Description

- ☐ List of competitive activities
- ☐ List of noncompetitive activities

Gold #3

Provide descriptions for any Gold #3 non-policy criteria

Gold #3B: Team Nutrition Description

- ☐ The approximate date the school signed up as a Team Nutrition School
- ☐ A description of the nutrition education activity and how students, parents or the community were involved

Gold #3C: Nutrition education in the classroom and cafeteria description

- ☐ A description of what methods are used to teach nutrition in the classroom

- ❑ A description of what methods are used to teach nutrition in the dining room

Gold #3G: Non-Food Fundraisers Description

- ❑ A statement that the school no longer participates in food fundraisers
- ❑ A list of the fundraisers the school held throughout the year

Gold #3H: Consider Students Needs Description

- ❑ A description of how students input was received when making changes to the school's nutrition environment
- ❑ A description of the changes made from student input

Criteria Menu

Provide descriptions for any non-policy criteria

Criteria Menu #1: Walk to School Day

- ❑ The date of the event
- ❑ A description of how the event was promoted
- ❑ A description of what was done on the day of the event

Criteria Menu #2: Jump Rope/Hoops for Heart

- ❑ The date of the event
- ❑ A description of how the event was promoted
- ❑ A description of what was done on the day of the event

Criteria Menu #3: Grocery Store Tours

- ❑ The name of the tour(s) the school participated in
- ❑ Dates of the tours
- ❑ The location of the store(s) the students visited
- ❑ How many classes went on the tour

Criteria Menu #4: School Walk for Diabetes or Other Health Related Walk

- ❑ Date of the event
- ❑ A description of how the event was promoted
- ❑ A description of what was done on the day of the event

Criteria Menu #5: Truth From Youth

- ❑ The number of classrooms or students that participated in the ad campaign
- ❑ A description of any education the students received or other events that accompanied the ad contest

Criteria Menu #6: Tobacco Prevention Program

- ❑ Which tobacco prevention curriculum was used
- ❑ Which grade levels the curriculum was used in

Criteria Menu #7: Cafeteria Connections

- ❑ A description of how Cafeteria Connections was utilized in the classroom and in the lunchroom

Criteria Menu #8: HealthierUS Challenge

- ❑ A description of the process the school went through to become a HealthierUS Challenge School

Criteria Menu #9: National Health Campaign

- ❑ Which national health campaign the school participated in
- ❑ A description of the activities that were held throughout the day, week or month to promote the health campaign

Criteria Menu #10: Olympic Field Day

- ❑ The date of your Olympic Field day
- ❑ A description of the activities the students will participate in

Criteria Menu #11: Student and Community Use of PA Facilities

- ❑ A statement that students and the community are allowed to use the school's facilities and equipment
- ❑ A list of what facilities they are allowed to use

Criteria Menu #12: School Health Council

- ❑ A list of members on the School Health Council
- ❑ A list of some meeting topics

Criteria Menu #16: President's Challenge

- ❑ Which grades participated in the President's Challenge
- ❑ Which test they did
 - Physical fitness test
 - Health fitness test
- ❑ A description of any special events that accompanied the President's Challenge

Criteria Menu #17: Golden Sneaker

- ❑ Which grades participated in the Golden Sneaker Awards
- ❑ A description of any special events that accompanied the Golden Sneaker Awards